Ayurveda Clinic Prescription

Patient: Mahi

Age: 45

Diagnosis: ankle pain

Prakriti: vaat

Symptoms:

fever with malaiseness

AI Prescription:

Wonderful patient! As an Ayurvedic doctor, I'm here to guide you towards natural healing and balance. Let

Prakriti: Vaat
Your constitutional type is Vata-dominant, which means you're naturally inclined towards dryness, coldnes

Diagnosis Insight
Based on your symptoms of ankle pain, fever with malaise, I suspect that your Vaat imbalance has triggere

Herbs
To alleviate your symptoms, I recommend the following herbal remedies:

1. **Guggulu**: A potent anti-inflammatory herb that will help reduce ankle pain and swelling.
2. **Turmeric** (Curcuma longa): Known for its anti-inflammatory properties, turmeric will aid in reducing jo
3. **Ashwagandha** (Withania somnifera): This adaptogenic herb will help calm your nervous system, redu

Dosage: Take 2 tablets of Guggulu twice a day with warm water, and 1 tablet of Turmeric and Ashwaga

Diet
To support your healing process, focus on incorporating the following diet principles:

1. **Warm and nourishing foods**: Increase consumption of warm, easily digestible foods like oatmeal, bar
2. **Oily and fatty foods**: Include sources of healthy fats like ghee (clarified butter), olive oil, and nuts to h
3. **Avoid cold foods**: Refrain from consuming cold or raw foods, as they can exacerbate Vata-Kapha im

Lifestyle
To maintain balance and promote healing:

1. **Warm baths**: Soak in warm water for 10-15 minutes to help reduce pain and inflammation.
2. **Yoga and gentle exercises**: Engage in gentle, low-impact exercises like yoga or walking to maintain j
3. **Stress reduction**: Practice relaxation techniques like meditation, pranayama (breathing exercises), or

Precautions
Remember to:

1. **Stay hydrated**: Drink plenty of warm water throughout the day to help flush out toxins and maintain jo
2. **Avoid sudden movements**: Be gentle with your joints, avoiding sudden twists or turns that may exace